

Celebrity Buzz

Partying
out for
Moss this
New Year

pg 22



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Steinke gets life in prison

SENTENCING Convicted triple-murderer Jeremy Steinke was sentenced yesterday to life in prison with no parole for 25 years for his role in killing members of a Medicine Hat family.

Steinke, now 25, was sentenced in a Medicine Hat courtroom as dozens watched after relatives of the slain family addressed the court.

Steinke was convicted of three counts of first-degree murder in the killings of his then-12-year-old girlfriend's family in 2006. When Steinke gets out of prison, he isn't allowed to own weapons and he must submit a DNA sample.

Jeremy
Steinke

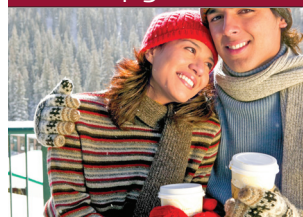


METRO NEWS SERVICES

Comments pg 10

Are we still a
British colony?

Health pg 18



Take the holiday
hookup quiz

Entertainment pg 20

Brandy gets
personal



Crystal Power, along with Renee Helmer and daughter Courtney, are trying to keep warm in their southwest apartments, claiming to have made complaints to building management that the heat is failing in their building.

Left in the cold

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Bundled in blankets and layers of clothes in front of a small area heater wasn't how Crystal Power wanted to spend her weekend.

But that's what Power and several of her neighbouring tenants had to do when the heat in their Bonaventure Estate apartments stopped working Friday, and still didn't work by yesterday afternoon.

"I've been telling them since Saturday morning the heat stopped working and at one point it was too cold to stay here, so I had to leave," the 27-year-old

"I'm more worried about my 18-month-old daughter. It's cold in here. We had to open the oven and use candles to heat the apartment."

Renee Helmer

told Metro.

Power said she pays \$1,255 a month for the apartment and since she was in a car accident in September that left her with severe injuries on a fixed income, she "literally can't afford to heat the apartment with the area heater."

"I'm not sure what else to do, though," she added.

Power said she has letters of complaint from

four neighbouring tenants, including single mother Renee Helmer, also without heat over the weekend.

They said they are getting nowhere with management.

"I'm more worried about my 18-month-old daughter," Helmer said. "It's cold in here. We had to open the oven and use candles to heat the apartment."

Both tenants said they made repeated calls to

management who sent the maintenance man and told them "the problem was fixed."

"But the problem isn't fixed and we still don't have heat," Helmer said.

Mark Kenney, COO for Canadian Apartment Properties, said the company has only received two complaints about the heat not working.

"And in both instances we went in and checked the temperatures, and they meet the temperature required by bylaw," Kenney said, adding the boilers are in working order.

ShareYourViews

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'It's going
to get ugly:'
Economist

NEIL MACKINNON
neil.mackinnon@metronews.ca

ECONOMY So far, Calgary may only have a sniffle, but full-blown economic pneumonia may be on its way, according to an economic report detailing how Calgary fared in the back half of 2008.

Calgary Economic Development chief economist Adam Legge said while the city has weathered the worsening

global economic crisis well, the worst is yet to come. "It's going to take a good four or five years to get back to where we were," Legge said. "This whole situation is going to shake out unsustainable business models and practices, unsustainable levels of employment — it's going to get ugly."

The effect of cutbacks in the oilsands have yet to be felt, Legge said, and they will have the largest impact on stability and jobs. It's not all doom and gloom, though, Legge said, as Calgary is positioned to deal with economic disaster better than most North American cities, and businesses with cash in the bank could profit through strategic acquisitions and technological bargains.

"We can come out of this leaner, stronger and more efficient and lead the country in economic performance again," he said. "It's the intervening years which will be painful."

**"It's the
intervening
years which
will be
painful."**

Adam Legge

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Extreme weather closes schools

Schools surrounding the Calgary area were closed yesterday due to the extreme weather, including schools in Cochrane, Bearspaw, Bragg Creek, Springbank and Westbrook. Buses for schools in other surrounding areas were also cancelled.

METRO CALGARY

Local



Remember to clear your walks

City of Calgary Animal & Bylaw Services and Canada Post are reminding Calgarians to clear their walks to reduce the risk of slipping and falling, especially during the busy Christmas season. Bylaws require snow to be removed from property sidewalks within 24 hours after the snow stops falling. Call 311 for more information.

METRO CALGARY

Pot busts net millions in plants

DRUGS The Southern Alberta Marijuana Investigative Team (SAMIT) has made \$3.25-million history with the city's single largest marijuana bust yet.

Last Wednesday, SAMIT raided a house on Weston Place SW and found 2,600 plants in various stages of growth. No one was home at the time of the bust.

Another bust, the same day at a home in the 900 block of Woodview Cresc. SW, found a \$1.6-million marijuana operation. A 17-year-old youth was charged in that bust.

In two separate busts the next day, SAMIT found almost \$2 million combined worth of marijuana plants in various stages of growth.

METRO CALGARY



ROBIN KUNIS FOR METRO CALGARY

The city's purchase of the Cecil Hotel paves the way for a mixed-use building with parking. The city paid nearly \$2.5 million over the 2007 assessed value of the building, according to documents on the city website.

City buys Cecil

NEIL MACKINNON
neil.mackinnon@metronews.ca

"This is a big day for downtown"

Ald. Druh Farrell

City hall bought the Cecil Hotel yesterday for \$10.9 million and paid nearly \$2.5 million more than it's worth, according to city figures based on 2007 market values.

Ald. Ric McIver said the purchase couldn't be justified at any price.

"We have a lot of other projects we could spend that kind of money on instead of a glorified parking

lot," said McIver.

But taxpayers won't be on the hook for the purchase, which will be facilitated by federal gas-tax funding, said Ald. Andre Chabot. He added the city actually got "a pretty good bargain" as costs were in line with a recent assessment.

Calgary's Parking Au-

thority will likely be allowed to build a multi-use parking facility, replete with office and retail space, in the Hotel's stead, said Ald. Druh Farrell, who thinks cutting into 1,700 Cecil-based police trips makes the deal well worth it.

"I've tried for so long to picture something else there. But when I close my eyes, all I see is three or four sets of flashing police lights and people doing drugs," said Farrell. "This is a big day for downtown."

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WHAT'S ONLINE TODAY

Video Stephen Harper pays tribute to soldiers killed in Afghanistan at metronews.ca/canada
Read Columnist Allan Small says it may sound scary, but borrowing to invest can be a sound strategy at metronews.ca/investing



City shoots down ethical-investments idea

NEIL MACKINNON
neil.mackinnon@metronews.ca

CITY COUNCIL Ethics won't enter City of Calgary investment portfolios any time soon.

A move to include social and environmental ethics in the city's investment plans, shot down at the committee level in a tied vote, was denied again at council yesterday in a 10-5 vote.

"I find it unfortunate that we'd step away from something, because we might be a leader," said Ald. Brian Pincott.

No municipality in North America includes



Brian Pincott

such measures in its investment decisions. A report further exploring options for ethics-based city investment is expected by June 2010.

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Public Notice

Residential garbage collection Temporary holiday schedule changes

Dec. 23, 2008 – Jan. 2, 2009

Waste & Recycling Services wishes all Calgarians a happy and safe holiday season. As we wind down another year of operations, there are a few temporary residential garbage collection schedule changes in effect during the holiday season.

If you receive garbage collection service on Tuesday, Wednesday or Thursday, the following temporary changes will be in effect during the holiday season only. Collection of your garbage will happen one day earlier than normal until the end of 2008. We'll resume garbage collection on your regular collection day during the first week of January.

If you receive garbage collection service on Friday, there's no change to your collection schedule. You'll continue to receive service on Fridays during the holiday season.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22 Tuesday collection happens today	23 Wednesday collection happens today	24 Thursday collection happens today	25 (Christmas Day – No garbage collection)	26 No change – Regular Friday collection day	27
28	29 Tuesday collection happens today	30 Wednesday collection happens today	31 Thursday collection happens today	1 (New Year's Day – No garbage collection)	2 No change – Regular Friday collection day	3

Commercial garbage collection - There are no changes to commercial garbage collection schedules during the holiday season.

Recycling depot operations - There are no changes to recycling depot operations during the holiday season.

City of Calgary landfills - City of Calgary landfills will be closed on Dec. 25, 2008 and Jan. 1, 2009.

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Sandeep Sharma and his son Ishvat, 4, marvel over the mountain of toys donated to the Peter Lougheed Centre's pediatrics unit yesterday.

The gift of giving

NEIL MACKINNON
neil.mackinnon@metronews.ca

Ishvat Sharma smiled and bounced, virtually speechless from the bounty that lay before him.

"Thank you," were the only words the four-year-old could muster as he made his way through a mountain of toys at the Peter Lougheed Centre's pediatric unit playroom Monday.

"This is so cool," said his father Sandeep. "His actions speak for them-

"It's an amazing feeling to go out there and do this for kids."

Amanda Hiltz

selves." Mount Royal College's Rotaract Club donated \$3,300 in toys, games, clothing and DVDs to the children at Peter Lougheed.

It was the fourth consecutive year they've done so, and Amanda Hiltz, 23, said it's something the club

plans on doing well into the future.

"It's an amazing feeling to go out there and do this for kids," she said. "Not only does it take our minds off of our exams, but to see the looks on everyone's faces, it's very much the Christmas spirit."

It's also a gesture that will last through much of the year, said Peter Lougheed assistant pediatric patient-care manager Terry Holden, noting gifts not given out at Christmas will go as birthday presents.



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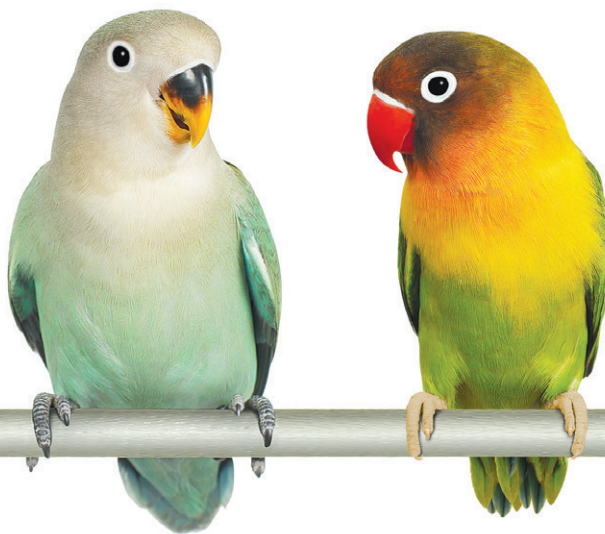
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Striking postal workers vote down contract

More than two-thirds of the 2,100 striking Canada Post support workers voted against the latest offer from the Crown corporation over the weekend. The workers have been on strike since Nov. 17. Results of the vote were released yesterday. **METRO NEWS SERVICES**

Canada



Prisoners changing: StatsCan

The percentage of prison population that are women and aboriginals has been steadily increasing, says a Statistics Canada report released yesterday. Between 2001-02 and 2006-07, the number of women on remand has risen by 36 per cent. Over the same period, the number of aboriginals on remand has increased by 23 per cent.

CBC NEWS ONLINE

News in brief

HOLLINGER David Radler, the longtime pal of fallen media baron Conrad Black who rose alongside him to wealth and power then turned against his former boss, was handed full parole yesterday after serving 10 months of his 29-month sentence for fraud.

HEALTH Colonoscopies are only effective at catching cancer that develops on the left side of the colon, says a study published yesterday. Researchers say that while the test is valuable, it only catches about one per cent of cancers on the right side.

ECONOMY The federal government, under pressure to aid a slowing economy, has asked the provinces to submit infrastructure projects that can get underway quickly, officials said yesterday.

METRO NEWS SERVICES



Liberals John McCallum, left, and Scott Brison talk to reporters in Toronto yesterday after meeting with Finance Minister Jim Flaherty.

TARA WALTON/TORSTAR NEWS SERVICE

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Harper says deficit needed

Prime Minister Stephen Harper says the Conservative government will have to run a budget deficit to bring in billions of dollars worth of recovery programs for the hard-hit economy.

"We're talking about spending billions of dollars that was not planned," he told CTV's Atlantic affiliate in a preview of the Jan. 27 budget.

"We're going to have to run a deficit, do some spending measures we hadn't planned on doing, but I think, if we do those things, we should be able to come out of this (economic downturn) pretty strong in due course."

Earlier, Finance Minister Jim Flaherty met with senior Liberals to discuss the possible contents of the budget. Liberal MP John McCallum said during the closed door meeting Flaherty admitted economic forecasts in his November update were too optimistic. And Flaherty appears more inclined toward bringing in an economic stimulus package than in months past, McCallum added.

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8

Caroline Kennedy seeks Clinton's Senate seat
Caroline Kennedy, the daughter of former U.S. president John F. Kennedy, is pursuing Hillary Clinton's Senate seat, civil-rights activist Al Sharpton said yesterday. REUTERS

World

Bailout by tomorrow? Auto package would come from fund for banks

The Bush administration could act as early as tomorrow to approve an automaker bailout from its bank rescue fund, with conditions likely to reflect at least those approved by the House last week, key lawmakers and other sources said yesterday.

A Treasury Department official said the agency and auto company executives continued to review financial and other information, and that no decision had been made. The White House is actively involved in the matter, officials said.

"I think all the signals coming from the White House are that they know that bankruptcy is not an option."
Nancy Pelosi

Treasury Secretary Henry Paulson said, however, the government would have to be satisfied the industry could compete in order to receive help.

House Speaker Nancy Pelosi says the administration will likely use part of the \$700-billion US fund established in October to stabilize the financial services sector, rather than pushing the companies into bankruptcy, as some lawmakers have urged.

"I think all the signals coming from the White House are that they know that bankruptcy is not an option and that (stabilization) funds are the only recourse that they have," Pelosi said.

REUTERS

Greece Protests continue into second week



Protesters kick a policeman who detained another protester during clashes outside the police headquarters in central Athens yesterday. Police fired tear gas at small groups of protesters who threw stones in the second week of anti-government demonstrations since a policeman shot dead a teenager.

YIORGOS KARAHALIS/REUTERS

News in brief

DISEASE The number of deaths in a cholera outbreak in Zimbabwe has risen to 978, the United Nations said yesterday, while the number of suspected cases stood at 18,413.

CHAVEZ Venezuela's anti-U.S. President Hugo Chavez said yesterday that an Iraqi reporter who flung his shoes at President George W. Bush was courageous.

FRANCE French first lady Carla Bruni-Sarkozy is suing a fashion chain for selling bags emblazoned with nude images of her.

REUTERS

Impeachment inquiry to begin over Blagojevich

CORRUPTION The Illinois House of Representatives voted yesterday to begin an impeachment inquiry into Gov. Rod Blagojevich, who is accused of trying to profit from selling the Senate seat left vacated by president-elect Barack Obama.

The inquiry, approved 113-0, will be placed in the hands of a special committee. If it determines that impeachment is warranted, the House would vote on whether to impeach, to

be followed by a trial in the state senate.

If convicted at trial the governor could be forced from office.

Both Obama and Blagojevich are Democrats. The answer to how Obama's U.S. Senate replacement will be picked remained in limbo.

It would usually be the governor's sole choice, but the controversy has led to calls for a special election to fill the seat.

REUTERS



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Comment & Views

Comment

Are we still a colony?

National Report



It isn't over yet. The Harper government's unfathomable fumble — the fiscal update fiasco — has wreaked much

havoc. But more is to come.

At the moment the prorogation of Parliament happened, it looked like the Governor General and the prime minister would get a pass. The country was awash in indignation over the prospect of the Bloc Québécois being part of a new coalition government. Stephen Harper, the prime

minister who granted Quebec nation status, was nevertheless able to do a brilliant job of demonizing the Bloc and framing the debate around the separatist issue.

But now that the dust is settling, a settling of accounts could be in store.

Recall what happened. In a closed-door meeting, the Governor General, at the behest of the prime minister, shut down Parliament to save him from a confidence vote and the certain defeat of his government.

It's what's known as democracy Canadian-style. Writing from Paris in The

Ottawa Citizen, Keith Spicer summed up the charade as "Zimbabwe Run By The Queen." Abroad, he said, Canada is being mocked as a colony.

How could a decision as critical as this one be made by a Queen's representative with no public accountability whatsoever?

On the CBC, Allan Gregg invoked the Robert Mugabe comparison.

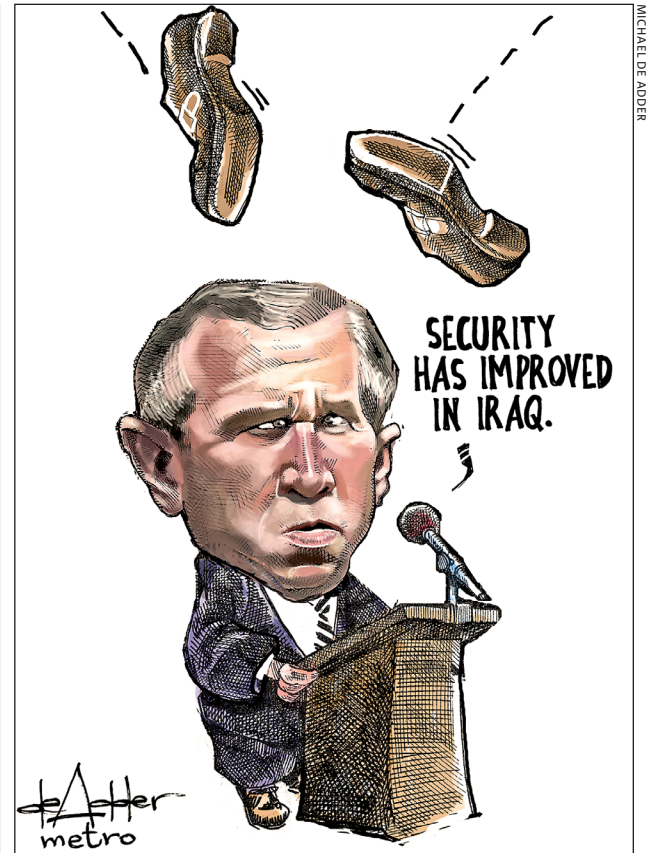
They and many others wonder something. How could a decision as critical as this one be made by a Queen's representative with no public accountability whatsoever? Who was in the room? What kind of pressure did Harper bring to

bear? What about the suggestion that advisers for each side had basically agreed on the outcome before Harper even entered Rideau Hall that day?

As for Michaëlle Jean, she and her Monarchic ways are taking a hit. She may have made the right call on prorogation. But is she too regal to come forward and speak to her subjects about it? Are we not beyond century No. 17?

In short order, after the coming budget, she could well be making another decision of equal magnitude for the country. Her office shouldn't be allowed to treat us like a bunch of patsies bowing at the feet of her closed-door proclamations.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Letters

Ezra Levant column in Metro 'saddens' reader

Re: How the coalition helped propel Harper in polls (Dec. 9)

Quotes by Ezra Levant included, "Polls showing that Canadians deeply oppose the coalition..." and "Harper has skyrocketed to his highest ever level of support."

Wait a second, have I missed something? Am I wrong or did at one point 42 per cent of Canadians support the coalition? I remember Canada was deeply divided about the coalition. And by my understanding, Harper was not too popular in the Maritimes, Quebec and Ontario.

I am saddened to find such a right-wing column in my Metro (Levant is a Conservative and Reform party activist who lives in Calgary) and I find it only has a place if the paper offers the same space to a different view.

MELANY GAUVIN, OTTAWA

Invest money to create a Canadian auto industry

Why rescue the Big Three? Ford, General Motors and

Chrysler are on the verge of bankruptcy.

If we are going to spend billions of dollars on the auto industry, it should be used to build our own auto manufacturing industry and use Canadian ingenuity to compete on the world stage.

As a Canadian taxpayer, I would prefer that my money be invested in starting a new, innovative auto industry rather than going to supporting jobs in the U.S.

ARCHIE MCLACHLAN, BRAMPTON, ONT.

Queen should not have been dragged into political arena

To say that I was appalled at Paul Sullivan's article (Dec. 10) on the absolution of the monarchy is an understatement.

The Queen's role in a constitutional monarchy, which we are in Canada, is to "warn, encourage and to advise" and not dictate as your article purported.

Mr. Sullivan has drawn the monarch into a political arena where she does not belong. The sovereignty is above politics and acts as a safeguard in our system.

REGINA SILVA ROBINSON, TORONTO

Views

The deception behind indigenous cultural preservation

Frances Widdowson & Albert Howard

In current discussions about aboriginal policy, it is generally assumed that land claims and self-government are the best way to address native grievances and achieve social justice.

This policy direction, however, was not initiated by native people themselves; it has resulted from a long historical process, whereby non-aboriginal missionaries, consultants, lawyers and anthropologists have proposed initiatives that act to maintain Aboriginal marginalization. This "aboriginal industry" thrives on aboriginal misery because native isolation from the mainstream ensures that a large segment of the aboriginal population will be perpetually in need of "help."

The processes advocated by the aboriginal industry maintain aboriginal isolation because it encourages people to look backward to

a romanticized past rather than focusing on the future.

Aboriginal traditions, in fact, are viable only in the context of hunting and gathering or horticulture — economic systems that are much smaller, less productive and simpler in organization than those found in modern states. If Aboriginal Peoples are to enjoy a high standard of living and the choice of participating in a variety of occupations, this cannot be facilitated by revitalizing customs associated with an earlier period of human history.

The reactionary character of these initiatives has not been recognized because aboriginal industry inspired research disguises the undeveloped nature of aboriginal traditions; accusations of racism are then deployed to attack anyone who dares

to question the deception that is being perpetrated. Developing an understanding of the actual results of

Developing a more comprehensive understanding of historical circumstances is necessary to effectively address aboriginal deprivation.

indigenous cultural preservation cannot occur because intimidation and self-censorship are smothering debate.

Acknowledging the developmental difference between hunting and gathering and modern economies is also avoided because it is contrived as being demeaning to native people. The recognition that pre-contact aboriginal cultures lacked technologies such as iron, the wheel and a written language, and that this contributed to their eventual economic and political subordination, is seen as justifying the terrible harm that resulted from colonization. But identifying the factors that have enabled one group to op-

press another does not justify the result. Instead, developing a more comprehensive understanding of historical circumstances is necessary to effectively address aboriginal deprivation.

In fact, the lack of candour in discussions about Aboriginal dependency precludes the development of a strategy to address it.

Instead of investigating how government programs can be designed to encourage Aboriginal Peoples' participation in the wider society, it is now maintained that they should cultivate their own "justice," "science," and "medicine" in isolation from modern requirements.

This bolsters the diversion of funds to the aboriginal industry and opportunistic native leaders, while the majority of the aboriginal population remains mired in poverty and despair.

Frances Widdowson is a faculty member in the department of policy studies at Mount Royal College, and Albert Howard is a teacher and writer. Both live in Calgary.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

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Odwalla and vitaminwater going calorie-free

Coca-Cola is expected to launch a drink in the U.S. this week containing rebiana, a natural, calorie-free sweetener. Though it hasn't yet been approved, Coke is expected to put it into its Odwalla juices, vitaminwater and smartwater drinks. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Correction to hit T.O. condo market, economist says

Prominent Toronto housing economist Will Dunning is warning of a "substantial correction" in the city's overheated condominium market.

The warning comes after new figures show Canada's existing home sales continued to slide dramatically in the fourth quarter of the year, posting steep declines with the lowest level of monthly activity in almost eight years.

"This has been a very bumpy market and we are seeing the unwinding of some pretty strong price growth," said Dunning.

The impact will be felt particularly in the condominium market, he said. By the end of September, the

economist estimates there were a looming 33,919 condos under construction.

"This very large pending inventory is setting the stage for a substantial correction," he said in a sobering report looking at the rental and condo market. Toronto condominium starts are normally in the 10,000 to 12,000 range annually, but a bottleneck in construction from record sales in prior years has a significant number of units still to be completed, according to the analyst.

Many of those units have been purchased by finicky investors who are quick to exit the market if they don't get the returns they expect. **TORSTAR NEWS SERVICE**

Auto slump a boon for fuel cell-makers

AUTOS Fuel-cell pioneers are benefiting from the global decline in vehicle sales.

The platinum used to make catalytic converters that control emissions from car tailpipes are now at a surplus as demand shrinks. The metal is being redirected to create the catalyst for chemical reactions in fuel cells for hydrogen cars.

TORSTAR NEWS SERVICE

Mattel settles lead toy scare for \$12M

TOYS Mattel Inc. reached a \$12-million US settlement with 39 U.S. states over lead-tainted toys that prompted a health scare in 2007, the Massachusetts attorney general said yesterday.

Last year, Mattel recalled more than 18 million toys made in China because of hazards related to magnets and lead paint.


No children were believed to have been injured by the lead toys, which are now off store shelves. **REUTERS**

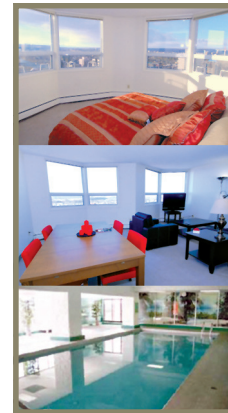
Business in brief

LEGAL Siemens AG and three of its subsidiaries will pay \$800 million US to settle U.S. bribery probes, in what a U.S. Justice Department official called the furthest-reaching foreign corrupt practices case the department had ever seen.

FISHING U.S. fishery managers have capped catches of Alaskan pollock, the lowly whitefish, at 815,000 metric tons next year — an 18.5 per cent cut from 2008 — because of reduction in the stocks in the Bering Sea. **REUTERS**

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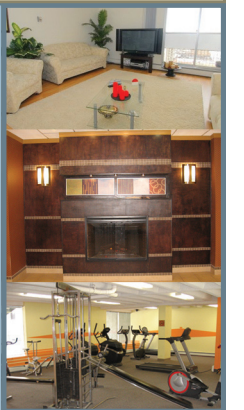
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Financial advice from Dickens

Don't be Scrooge during tough times and instead learn from Charles Dickens' classic A Christmas Carol.

Christmas Past

Some things, once broken, cannot be mended — credit is not one of them. Have the credit bureau correct any errors and negotiate to pay off judgements.

Christmas Present

Plan now for the future. Create a household budget and stick to it. Always pay all your bills on time.

Christmas Yet to Come

The steps you take now will have a direct impact on your financial future. Don't forget George Orwell's quote: "Who controls the past, controls the future: Who controls the present controls the past."

HENRY CHOO-CHONG/
METRO NEWS SERVICES

On bended knee, wallet open

SmartCookies



smartcookies.com

Believe it or not, December is the most popular time for wedding proposals. This month, men everywhere will talk to protective parents, kiss their single life goodbye, and commit to thousands of dollars on an engagement ring.

So for all of you out there contemplating marital bliss, we know you have a lot of questions and are probably looking for some ways to keep your costs down. And trust us when we say skimping on the ring is not your best option.

Here are a few ways to help you stretch your dollar before you pop the question:

A Diamond is a Diamond, Whether it's from Tiffany or Costco

The first step in choosing a diamond is having a clear understanding of the quality factors, commonly referred to as the "4 C's": colour, clarity, cut and carat.

Once you determine the combination that is right for you, we suggest you skip the brand-name. The only difference in a brand-name diamond is the label and the price tag — which can be up to 50 per cent more! And let's be honest, most of the women we know would rather have a bigger rock over a ritzy designer.

Ask for a Discount for Paying Cash

Depending on the profit margin, many jewellers will be willing to sell you your diamond at a lower price to avoid having to deal with fees from credit card companies.

Buying Rings as a Set Can Save Money

Often if you purchase

your engagement ring and wedding ring as a set, you can save.

White Gold Looks Like Platinum But Is Less Expensive

If you are looking for silver-tone jewelry but don't want to pay platinum prices, consider a ring made of white gold. Not only is white gold less expensive, but it is actually harder to scratch and damage.

Something to be Said for Sentiment

If either you or your partner has a family heirloom, antique jewelry from a loved one can be some of the most beautiful and sentimental. But if it isn't exactly what you had in mind, consider personalizing it by upgrading the diamond or band. You will still likely save money in the long run.

How Much Should You Really Spend?

Spend what you feel comfortable with. Resist the pressure from advertisers who imply that if you

are not spending between one to three month's salary, you don't love your honey. Spend less, spend more, spend what YOU want. Just bear in mind this ring will be with you for a lifetime.

If you are looking for more money-saving tips, contact us at smartcookies@metronews.ca or visit smartcookies.com.

And check out our book, now available at bookstores everywhere: Smart Cookies Guide to Making More Dough.

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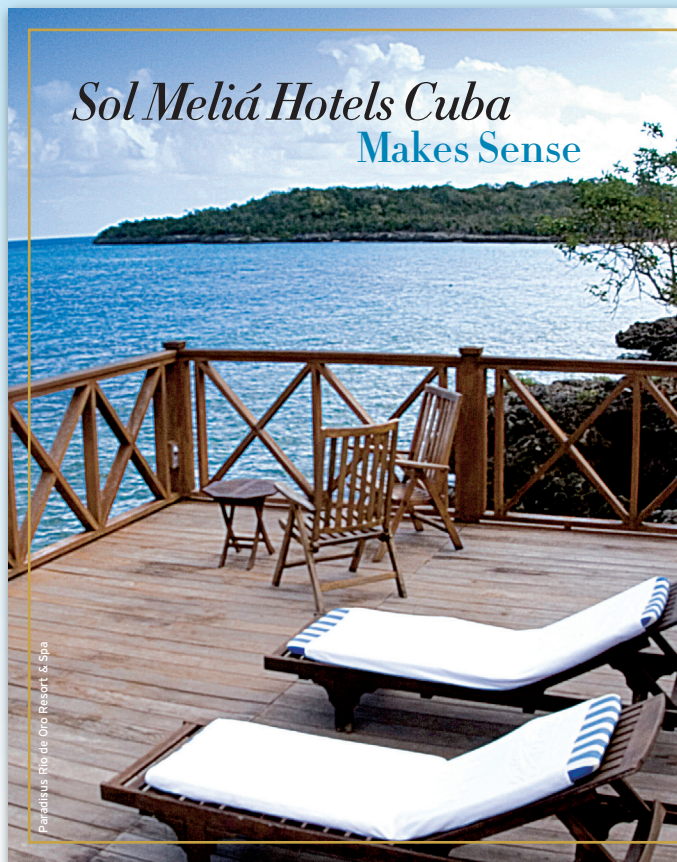
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Investing

Allan Small

The week's column poses the question: Should you borrow to invest now? Visit metronews.ca

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Taxes & fees: \$217

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Hockey player in critical condition after fight

An Ontario senior league hockey player suffered a severe head injury Friday when his helmet came off and he fell to the ice during a fight. Don Sanderson, a 21-year old York University student, remains in a coma at a Hamilton, Ont., hospital according to the team's website. **METRO NEWS SERVICES**

17

Sports



"I think race was the No. 1 factor ... Out of all the coaches they interviewed, Chizik probably had the worst resume."

Former NBA star Charles Barkley to ESPN on his alma mater, Auburn, hiring Gene Chizik as head football coach. Barkley said University of Buffalo coach and former CFL player Turner Gill, who is black, was more qualified.

ESPN.COM

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Quinn chooses a new equation

One more blue-liner, one less forward, but fourth time a charm for Esposito

MATTHEW WUEST
matthew.wuest@metronews.ca



Team Canada's roster is set for a run at a fifth straight gold medal at the world junior hockey championship.

Head coach Pat Quinn and chief scout Al Murray unveiled their 22-man squad yesterday in Ottawa, and sent 16 players packing following a three-day selection camp.

The roster follows an untraditional format, with 12 forwards and eight defencemen instead of the usual 13-7 breakdown. This was to accommodate 17-year-old power-play specialist Ryan Ellis, who is not ready for regular ice if injuries hit.



Angelo Esposito was chosen on his fourth try.

first-rounder Cody Hodgson and relative unknown Jamie Benn.

Tavares, an Oakville, Ont., is a big-name talent, a highly-touted prospect for next June's NHL draft.

He just turned 18, but already has 182 goals and 381 points in 222 games with the Ontario Hockey League's Oshawa Generals. Returnees Thomas Hick-

ey, the team's captain, and Montreal Canadiens draftee P.K. Subban anchor the defence corps along with NHL first-rounders Tyler Myers (Buffalo), Alex Pietrangelo (St. Louis) and Colten Teubert (L.A.).

In goal are Chet Pickard, a Nashville Predators first-rounder, and Memorial Cup MVP Dustin Tokarski.

Also of note, Montreal Junior forward Angelo Esposito made the roster after being cut three straight times.

The team's average age is 18.5, with one 17-year-old, eight 18-year-olds and 13 19-year-olds.

Notable cuts were hot-shot 17-year-old Taylor Hall of the Windsor Spitfires and high-scoring Evander Kane.

The tournament starts Boxing Day at Scotiabank Place in Ottawa.

2009 juniors

Goalies

- Chet Pickard, Dustin Tokarski.

Defencemen

- Keith Aulie, Ryan Ellis, Cody Goloubef, Thomas Hickey, Tyler Myers, Alex Pietrangelo, P.K. Subban, Colten Teubert.

Forwards

- Jamie Benn, Zach Boychuk, Patrice Cormier, Stefan Della Rovere, Chris DiDomenico, Jordan Eberle, Tyler Ennis, Angelo Esposito, Cody Hodgson, Brett Sonne, John Tavares, Dana Tyrell.

Kessel enjoying the ride after tougher times

MATTHEW WUEST
matthew.wuest@metronews.ca

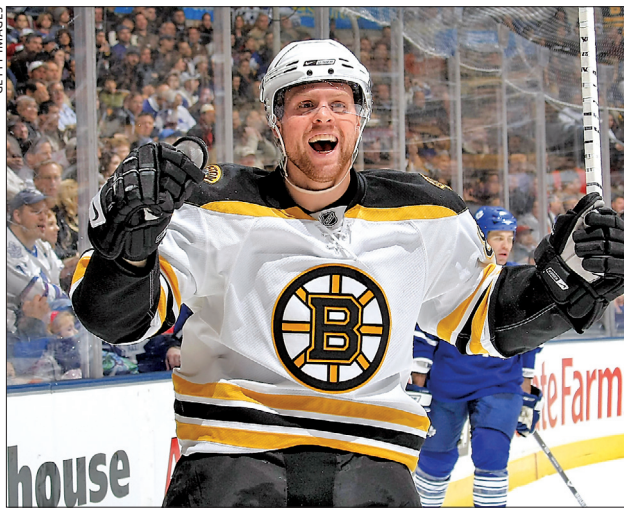


Before Phil Kessel could earn a passing grade in the National Hockey League, he had to learn not to cheat.

The 21-year-old, suddenly one of the league's hottest scorers, attributes his success to improved two-way play under Boston head coach Claude Julien — in particular, not vacating the defensive zone early to cherry-pick scoring chances. It's that type of "cheating" that had Kessel in the press box as a healthy scratch in the playoffs last spring.

"He (Julien) instilled that you have to play good two-way hockey to get offensive chances," he said.

"Our whole team is playing good two-way hockey. It's creating good chances in



The Bruins' Phil Kessel was named NHL first star of the week.

the offensive end, starting in the defensive end."

The Bruins, who have been a .500-or-less team for the past five seasons, are one of the first-half surprises in the NHL, atop the Eastern Conference with a 21-5-4

record. Kessel has already tied his career high of 19 goals in just 30 games. He is riding an NHL-best 15-game points streak and is the NHL's first star of the week. These days, Julien wouldn't even think of scratching the

third-year winger. Kessel credits his success to linemates Marc Savard and Milan Lucic. Savard provides uncanny playmaking savvy; Lucic brings the brawn; and Kessel the sniper's touch. Together, they have 36 goals and 85 points in 30 games.

"We have a great bunch of guys," Kessel said. "We're winning, and when we show up to the rink, we're having fun."

Kessel, drafted fifth overall in 2006, has been through a lot in his young career. He was diagnosed with testicular cancer halfway through his NHL rookie campaign, but was pronounced cancer-free a week later after surgery.

He won the Bill Masterton Trophy for his dedication to hockey and has no lingering issues, only requiring a checkup every couple of months.

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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Hookup rates peak over the holidays

The J Spot

Josey Vogels

Sex talk with Josey

Seems presents aren't the only things people are shopping for in the holiday rush. According to a recent study from speed dating service FastLife.ca, hookups peak in the period leading up to the holidays.

In the last three years, FastLife noticed that speed-dating match rates hover around 82 per cent on average from January to October, but by the end of November match rates rise to 95 to 100 per cent where they remain until the new year.

I realize it's in their interest to encourage hookups, but it makes sense. With all the parties and family get-togethers at this time of year we all want someone to smooch under the mistletoe or to get a misguided gift from.

But, while it may be easy as shooting fish in a barrel to hookup with someone who will (theoretically, at least) help ease that lonesome feeling through the holidays, actually surviving the holidays together might prove to be a little more challenging.

Take this quiz to see if your relationship will make it:

1. You bring your date to your office party:

a) You can't have fun because you've constantly got your eye on your date fearing he's telling your col-



Will your relationship make it through the holidays? Take our quiz to find out.

leagues about how the CIA covered up his alien abduction.

b) Your colleagues go on and on the next day about what a catch your date is.

c) At the end of the night, you find your date under your desk making out with

your boss.

2. Your date's idea of a great Christmas gift is:

a) His and hers matching door-stoppers.

b) A romantic weekend away and a tasteful nude self-portrait.

c) Waiting until after Christmas "when everything's on sale" to get your gift.

3. One of you isn't Christian, how do you celebrate the holidays?

a) Say you'd be happy to celebrate Christmas, if afterwards, your honey agrees to a week-long Bhuddist retreat where you chant for eight hours a day.

b) Light the menorah and spin the dreidel before exchanging gifts under the Christmas tree.

c) Tell your date to deal, you're not about to let a little thing like someone's religion spoil your holiday.

4. Your mom gives your date a really ugly sweater as a gift, you:

a) Force your sweetie to wear it and then giggle ma-

niacally.

b) Wear it to bed with him ... with nothing on underneath.

c) Come across it later in a bucket full of rags your date uses to clean the floor.

If you answered mostly a's, put on your helmets, hide all sharp objects and you might make it.

If you answered mostly b's, dust off your copy of It's a Wonderful Life and warm up some rum and cider. You guys will make everyone sick with your holiday bliss.

If you answered mostly c's, there's still time to end things before you blow a wad of cash on him or her. Happy Holidays and good luck!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Batman film The Dark Knight has been named as one of the Top 10 movies of 2008 by the American Film Institute. Others include political biopic Milk, animated fantasy Wall-E and Brad Pitt's The Curious Case of Benjamin Button. **BBC NEWS ONLINE**

Entertainment

Nobel Man

Bono has been awarded the annual Nobel Man of Peace prize for his efforts to combat poverty, debt and disease in Africa. The U2 frontman was honoured at a ceremony in Paris.

FEMALEFIRST.CO.UK



EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Madonna settles divorce for \$92 million US

Madonna has paid her ex-husband Guy Ritchie up to 60 million pounds (\$92 million US) to settle their divorce after eight years of marriage, a spokeswoman said yesterday.

Liz Rosenberg said the singer, 50, had given Ritchie, 40, between 50 and 60 million pounds (\$76 million and \$92 million) as part of their divorce, which was granted by a British court

on Nov. 21. She said that sum includes the couple's English country estate, Ashcombe, which is valued at about 20 million pounds (\$30 million). The couple's combined wealth has been

estimated at about \$525 million, but Madonna accounts for most of it. **REUTERS**



Brandy's got Human touch

ROB MCMAHON
for Metro Canada



Brandy's new album Human tackles the subject of celebrity head on.

Speaking the day before the album's release, Brandy (full name Brandy Norwood) said the project reflects a desire to be more up-front and personal — a tough choice in today's pop culture.

"It seems like everything's perfect (with celebrities), but it's not, (and) emotionally we're all the same," said the singer, who released her first album as a teenager. "I've been able to achieve all my dreams, and I love having achieved so much at a young age. But I realize there's quite a lot going on in the public eye ... people can make judgments."

This statement is particularly true given the degree to which celebrities' private lives are captured and broadcast. Along with the usual suspects, Brandy too felt the sting of public perception after she revealed she wasn't actually married to the father of her daughter Sy'rai, Robert Smith. She felt like the story would come out eventually, and so decided to approach it head-on, on the cusp of an album release.

"(Back then) I was feeling like I had to be dishonest about the situation," said Brandy. "Being a role model, people look up to you, and you don't want to disappoint them ... (and you're) under



SONY BMG PHOTO

Human, the latest album from R&B singer Brandy, is now out.

so much pressure.

"I wanted to tell the truth and say that honestly won't happen again."

This strategy to directly confront personal stories extends to Brandy's new album. A group effort, with Brandy collaborating with several writers and producers, the songs focus on relationships, as heard on tracks like Long Distance and album closer Fall, a duet co-written with British pop singer Natasha Bedingfield.

"Natasha is the sweetest person — her energy and vibe is amazing," said Brandy. "Fall is about not being afraid to be in love, even if you're scared. We had so much fun recording the song. We were like little kids in the studio, having fun but still working hard."



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Theatre will not be named after Ledger

A new performing arts centre in Perth, Australia, will not be named after late actor Heath Ledger. [IMDB.COM](#)

TV's troubled times

IntelVision



HELP FOR THE HOPELESS: Network TV has finally shown signs of admitting it's in trouble, and there's no shortage of helpful bystanders willing to offer their opinions on how it can get up off the ground — including yours truly.

Just after NBC announced last week that they'd be turning over the weeknight 10 p.m. slot to Jay Leno, the New York Times business section ran a little analysis of what the news meant — at least if you'd ever spent time sitting in an executive suite in Hollywood or New York.

"The whole nature of TV has become a lot more viewer-friendly," Robert C. Wright, a former chairman of NBC Universal, told the Times. "There are more opportunities than ever before for people to watch a program that they're inter-

ested in."

"There's no way to schedule around DVR viewing," said Dawn Ostroff, CW's president of entertainment. The 10 p.m. slot, the home to superannuated procedurals and mediocre news magazines for too long, has become the Siberia of primetime, and a no-go zone for younger viewers, though how Leno's new show is going to bring them back remains to be seen.

In the Boston Globe, TV critic Matthew Gilbert published nine suggestions for how the networks could compete with cable and become relevant again, including more finite runs on series to prevent staleness, more incentive for marquee comedians like Will Ferrell to shift from movies back to TV, perhaps with a show based on current affairs, fewer awards shows, commercials, and irritating on-screen graphics, and a comedy series based on reality television.

The last one is a great idea, and it frankly boggles the mind why no one has tried it yet. As Gilbert points out, "It's time for the networks to acknowledge —

and celebrate, and exploit — the fact that we all know about just how fake reality shows are." Amen to that, brother.

Gilbert also wishes the networks would curb their enthusiasm for procedurals, but considering that they remain popular — as he himself points out, CBS' *The Mentalist* is one of the few real hits this season — and a favorite of the demographically-derided but cash-rich older viewer, I can't imagine he'll get his wish.

Rick McGinnis writes about music, movies, books and television, but not opera.

GlobalStyle

Kenya Hunt

Monica Cruz on Mango exclusively at metronews.ca/globalstyle

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	-	372	12 KREM	News (N)	Hollywood	The Doctors	Wild! (DVS)	Independent Lens (HDTV) (N)			
	-	374	14 KSPS	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Wal-Mart Nation	CBC News: The National	The Biggest Loser: Families (Season Finale) (N)	(10:01) Fringe (HDTV)		News (N)
news	502	390	15 CBC	CBC News: The National	Jeopardy! (N)	Wheel-Fortune	House (HDTV PA)	Sex and-City	According-Jim		Paid Program
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	408	418	27 net	(6:30) NHL Hockey Calgary Flames at St. Louis Blues. (Live)	Score Tonight	Hardcore Hockey Talk	Final Score	Final Score	Final Score		Best-Sports
	410	403	30 SCORE	(5:30) Court Surfing	Which Way to...	Pilot Guides	Don't Forget Your Passport	Survivorman			Survivorman
	411	457	44 OLN	Angry Planet	Word Travels	Pinks	Pass Time	Low Life	Low Life		Super Bikes!
	417	406	48 SPEED	Super Bikes!	Hot Import	Hot Import					Super Bikes!
	552	543	20 YTV	Christmas That Almost	OddParents	Rocko's Life	Mon. Warriors	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoe's 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	The Side Show Christmas	Santa Claus	Bugs Bunny & Tweety Show	Wayside	Johnny Test	Futurama	American Dad	
family	575	583	11 CMT	(6) The Sons of Mistletoe	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Momma's Boys (N)	The Biggest Loser: Families (Season Finale) (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch Two					
	602	568	23 W	He Sees You When	Friends	Will & Grace	Maxed Out	Grocery Bag	Holiday Wishes (2006, Drama) Amber Benson.		
	521	560	24 TLC	Mystery Diagnosis	Dr. G: Medical Examiner		My Shocking Story	Mystery Diagnosis	Med. Examiner		
	603	561	25 FOOD	The F Word	Chef School	At the Table	Restaurant Makeover	Challenge	The F Word		
	615	520	26 A&E	The First 48 (HDTV)	Manhunters: Fugitive	Jacked: Theft	Jacked: Theft	The First 48 (HDTV)	The First 48		
	617	522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)	Testees	Trailer Park	House
	601	562	33 SLICE	Rich Bride, Poor Bride	End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Sp
	-	633	34 ENC2	Oh God-Devil (7:20) Anything for Love ** (1993)		Fast Times at Ridgemont High ** (1982)			(10:35) Private School *		
	520	505	35 DISC	Destroyed	Destroyed	Dirty Jobs	Daily Planet	Destroyed	Destroyed		Dirty Jobs
cable variety	620	523	36 BRAVO	One Night With Barry Manilow	Bravo!Videos	Seinfeld	Law & Order "Stiff"	Without a Trace	Small Back Rm		
	294	650	40 WPCB	(6) Land of the Dead (2005)	Steve Harvey	Air Farce	Just for Laughs	Family Guy	Family Guy		
	626	547	41 COM	Laughs	Comedy Now	Gaslight *** (1944, Suspense) Charles Boyer. (DVS)	MANswers	MANswers	CSI: NY "Stealing Home"		Trek: Voyager
	-	539	42 TCM	(6) Shadow of a Doubt	UFC Unleashed	UFC Unleashed	Outlaw Bikers	NCIS "Frame-Up"	Ax Men		NCIS
	628	584	43 SPIKE	UFC Unleashed	UFC Unleashed	Rabbit Fall (N)	The Circuit	Stargate SG-1	Lost		Deep Space 9
	522	516	45 HIST	Ultimate Super Heroes-Villains	The Terminator 2: Judgment Day *** (1991, Science Fiction) Arnold Schwarzenegger.	Planet Soap	What Happen?	Family Guy	Seinfeld		Mystery Men
	627	528	46 SPACE	(6) The Fly (1986)	Planet Soap	Big Screen	Beverly Hills, 90210	Holmes on Homes	Sarah's House	Design Inc.	Pure Design
	619	525	49 TROP	Planet Soap	Design Inc.	News	CTV Newsnet	News	CTV Newsnet		News
	600	564	50 HGTV	Sarah's House	Design Inc.	Market Call	Headline	Commodities	Business News		Squeeze Play
	501	391	52 CTV	CTV Newsnet	Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Commander
	504	508	70 BNN	Squeeze Play	Wapos Bay (N)	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	526	507	92 VIVA	The West Wing	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
cable variety	269	350	93 APTN	Wings-Canada	Celebrity Wrestling		Tommy Lee	Revival	Party of Five		Celeb Wrestle
	-	-	94 MCP	(6:30) News			VMA 08 Remix Celeb Replay				MuchOnDem
	571	581	100 MMM	Listed							
cable variety	570	580	101 MM	So You Think You Can Dance Canada							
	581	566	102 MTV	A Double Shot of Love	A Double Shot of Love	MTV Live	After	Dance Life	Dance Life		Double Shot

critics'corner

Holiday Wishes
After three versions of "Freaky Friday" and about a gazillion different retellings of "The Prince and the Pauper," do we really need another one? Someone apparently thinks so, hence this predictable syrup-fest about a spoiled rich girl and an orphan who switch bodies, just in time to give and receive some lessons in the True Meaning of Christmas. 10 PM on W



One Night With Barry Manilow
Recorded for the BBC in 2004, this 90-minute special features the singer-songwriter performing in an intimate setting. His rendition of "Can't Smile Without You" is especially memorable. The special also includes footage of Manilow's 1975 appearance on the British show "The Midnight Special" and comments from Manilow, Donna Summer and other singers. 7 PM on BRAVO

NCIS
Gibbs (Mark Harmon) and the rest of the team are forced to put in overtime while searching for a suspect on a case over Christmas. The real problem arises when they discover their prime suspect has been dead for 17 years. Talk about your "Silent Nights." 8 PM on CICT; 9 PM on KREM



Christina Hendricks, who plays the bombshell head secretary on the Emmy-winning *Mad Men*, is engaged to actor Geoffrey Arend. No wedding date has been set. **PEOPLE.COM**

Wedding bells for Hendricks

Celebrity Buzz

The Britney and Madonna tour?

RUMOUR Britney Spears is planning to unveil pop star Madonna as a surprise guest when she kicks off her comeback tour next year, *femalefirst.co.uk* reports.

Spears joined Madonna onstage in Los Angeles last month during the U.S. leg of her Sticky & Sweet tour, and Spears wants Madonna to return the favour when she hits the road in New Orleans, La., in March.

"I'm choreographing and set-designing her show," Spears' choreographer Wade Robson reveals. "There's been talk of Madonna making an appearance, and there's so many places we could take that. At this point the main issue is timing."

METRO NEWS SERVICES



GETTY IMAGES/PHOTOS

Adams an eager actress

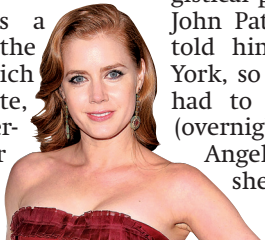
CAREER Amy Adams begged Doubt director John Patrick Shanley to cast her in the movie, even after he offered her part to Natalie Portman, *imdb.com* reports.

Adams was a huge fan of the story, which Shanley wrote, and was desperate to appear in the big screen adaptation.

tation, despite the odds being stacked up against her.

Even after Portman said no, and Adams was offered the role of Sister James, she had to overcome a logistical problem. "I lied to John Patrick Shanley and told him I was in New York, so when he called, I had to get the red eye (overnight flight) from Los Angeles, to get there," she says.

METRO NEWS SERVICES



Watts welcomes second child

BIRTH Naomi Watts and Liev Schreiber welcomed their second boy Saturday, *People.com* reports.

A couple since 2005, Watts, 40, and Schreiber, 41, already have a boy, Alexander Pete Schreiber,

born July 26, 2007.

Earlier this year, Watts boasted of her first-born, "He's turning pages in the book. He's crawling and standing up. He can wave. I read Goodnight Moon to him every night."

METRO NEWS SERVICES



Fame carries trade offs: Will

FAME Actor Will Smith is happy to sign autographs for fans, because it means he can leap to the front of the queue in posh restaurants, *imdb.com* reports.

Smith insists he never moans about the constant attention he receives from paparazzi or movie-goers as it is the price he pays for fame. And he is adamant that by always agreeing to give fans his signature, he earns the right to be treated like a star.

"By being

famous, you're afforded rights that other people who aren't famous aren't afforded. If I'm going to walk to the front of the line (at the restaurant) because I'm Will Smith, then I have to sign all the autographs," Smith tells *USA Today* newspaper. "If I don't want to sign any autographs, I don't walk to the front of the line. It's that simple. Stand in the line with everybody else."

METRO NEWS SERVICES



Osbourne in hot water after insult leads to scrap

DISPUTE Sharon Osbourne is under police investigation after allegedly scuffling with a contestant during a taping of her U.S. reality TV show *Rock Of Love: Charm School*, *imdb.com* reports.

Osbourne is said to have flipped when Megan Hauserman insulted her by saying she is only famous because of her marriage to Black Sabbath singer Ozzy Osbourne.

The rock matriarch

allegedly ran across the stage, grabbed Hauserman by the hair, and scratched her.

TMZ.com reports that the pair had to be pulled apart by security guards.

Hauserman went to hospital the following afternoon and filed a report with the Los Angeles Police Department that night.

Authorities have confirmed Osbourne is a suspect in a minor battery allegation but that no charges have been filed.

METRO NEWS SERVICES



Moss cancels bash on partner's orders

RELATIONSHIP Kate Moss has cancelled her proposed New Year's Eve party on the orders of her boyfriend, *femalefirst.co.uk* reports.

The supermodel was planning to attend a star-studded bash in St. Tropez, in the South of France, but her Kills guitarist partner Jamie Hince has insisted she spend the day at home with him and her six-year-old daughter

Lila Grace, from a previous relationship.

The couple will see in 2009 at her Oxfordshire home, in the United Kingdom.

"They're back together but they are still arguing about how much Kate goes out," a source says. "Jamie says Kate needs to calm her lifestyle down but she still likes to party. She loves him but she hates the fact he tries to rein her in all the time."

METRO NEWS SERVICES



No rush to have kids: Eva

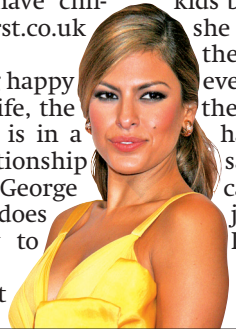
PEOPLE Eva Mendes is in "no rush" to have children, *femalefirst.co.uk* reports.

Despite being happy in her private life, the actress — who is in a long-term relationship with producer George Gargurevich — does not feel ready to start a family.

"It's great that

women can work and have kids but I'm in no rush," she said. "I was joking the other day that everywhere you look there is a celebrity having a baby, and I said I hoped I didn't catch it. There are just so many things I want to do."

METRO NEWS SERVICES



Lazing around is sexy: Beyoncé

PEOPLE Pop star Beyoncé Knowles feels sexiest for husband Jay-Z when lazing around her house with bare feet and messy hair, *femalefirst.co.uk* reports.

"Our relationship is very easy," she British tabloid *News of The World*.

METRO NEWS SERVICES



Workaholic Jay-Z decks out studio

CAREER Rapper Jay-Z has reportedly furnished his recording studio with a sleep-sized sofa, a bar table, bar stools and a glass coffee table because he spends so much time there, *PageSix.com* reports.

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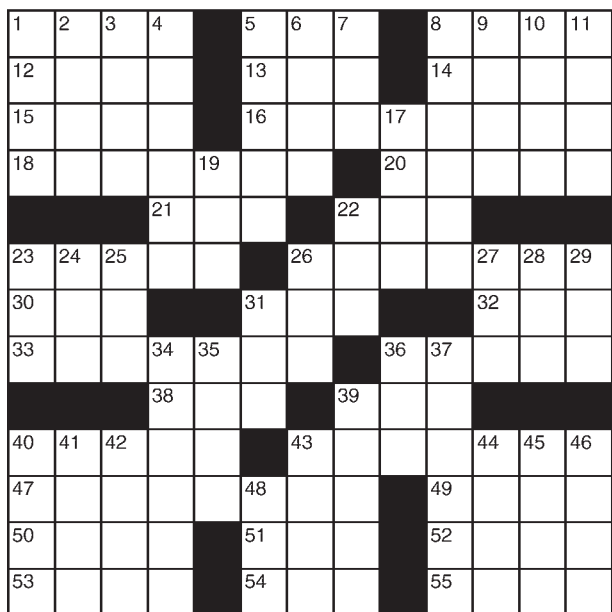
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✂ Pertains To A CDI College Program



Andrew Schultz, Weather Specialist – Breakfast Television
 “I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- | | |
|-----------------------------|-------------------------|
| 1 Provo's state | 31 Suitcase |
| 5 Big bother | 32 “Smoking or —?” |
| 8 Snare | 33 Arid |
| 12 Bargain basement event | 36 Pottery fragment |
| 13 Mediterranean, e.g. | 38 Afternoon affair |
| 14 Crosby's longtime pal | 39 Gorilla |
| 15 Cicatrix | 40 Halloween figure |
| 16 Cooperstown non-hon-oree | 43 Terra firma |
| 18 Flower's fleshy fruit | 47 Fred Mertz, for one |
| 20 “Psycho” locale | 49 Entreaty |
| 21 Exactly as written | 50 Sheltered |
| 22 Pirate's beverage | 51 Egg — yung |
| 23 Follows orders | 52 And others (Lat.) |
| 26 Pelvis portion | 53 Rolling stone's lack |
| 30 Kanga's kid | 54 Springtime mo. |
| | 55 Lasso |

Crossword down

- | | |
|-----------------------------|-----------------------------|
| 1 Cold War initials | 27 Three-match link |
| 2 Mexican entree | 28 Neither mate |
| 3 “Sad to say” | 29 Conclusion |
| 4 Inquisition crime | 31 Underwear with underwire |
| 5 Jellied mold | 34 Chopin pieces |
| 6 Profound | 35 Farmer's place? |
| 7 Cereal grass | 36 James Bond, e.g. |
| 8 Blood clot (Pref.) | 37 Assistant |
| 9 Source | 39 Passion |
| 10 Church section | 40 Showy attractiveness |
| 11 Rind | 41 Angel's topper |
| 17 Shoot- — (violent movie) | 42 Individuals |
| 19 That guy's | 43 Let fall |
| 22 Predetermine | 44 Chorus member |
| 23 Sphere | 45 Tide variety |
| 24 Greet the villain | 46 Evans or Carnegie |
| 25 A billion years | 48 “Son — gun!” |
| 26 Dinner for Dobbin | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	L	T	O	D	E	C	S	T	A	B	4	3	1	6	9	8	7	2	5
B	O	O	N	I	M	A	T	I	D	E	8	2	7	3	5	1	6	9	4
A	C	R	E	S	U	P	R	E	M	E	9	6	5	2	4	7	1	8	3
B	I	N	D	E	R	S	E	V	E	N	2	9	4	8	1	5	3	6	7
S	U	P	E	R	B	A	D	N	O	N	3	5	6	4	7	2	8	1	9
E	K	E	P	E	P	E	S	N	U	N	1	7	8	9	3	6	4	5	2
Z	E	T	A	S	U	P	P	R	E	S	6	4	3	1	2	9	5	7	8
E	D	O	P	E	R	I					5	1	2	7	8	3	9	4	6
E	R	R	A	N	T	N	Y	L	O	N	7	8	9	5	6	4	2	3	1
S	U	P	P	O	S	E	D	I	R	O	N								
P	L	A	T	A	G	O	N	A	N	O									
Y	E	N	S	R	O	N	G	L	O	W									

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 minSmart
Under 13 minGenius	21-25 minNot bad
13-17 minScholar	25+ minKeep practising

Metro Recipe of the Day



Bean and Mushroom Burgers

INGREDIENTS:

- 1 15-oz (400-g) can red kidney beans
- 2 medium red onions, about 8 oz (200g) in total
- 4 tbsp (60 mL) olive oil
- 2 tbsp (25 mL) red wine vinegar
- 2 tbsp (25 mL) raw sugar
- 8 oz (200 g) button mushrooms
- 1 clove garlic
- 1 tbsp (15 mL) garam masala
- 2 tbsp (25 mL) whole-wheat flour
- 1 small bunch of fresh mint
- Salt and black pepper

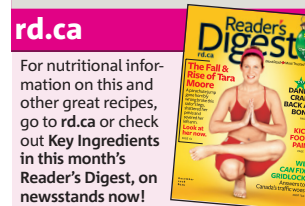
METHOD:

- Rinse beans well and spread out on a dish towel to drain. Peel onions.
- For red onion relish, heat 1 tsp (15 mL) of olive oil in saucepan. Slice one onion thinly and add to pan with vinegar and sugar. Bring to boil, stirring, then reduce heat and simmer, uncovered, for 15–20 minutes, until onion is softened and slightly sticky, stirring from time to time. Remove pan from heat and keep warm.
- Quarter other onion and put into a food processor. Clean mushrooms, add to the onion, and process until finely chopped. Alternatively, chop them both finely by hand.
- Heat 1 tbsp (15 mL) of olive oil in frying pan, add onion-and-

mushroom mixture, and cook over medium-high heat, stirring occasionally for 5–8 minutes, until golden and dry.

- Peel garlic and crush into mushroom mixture. Stir in garam masala and flour, and cook for 1 minute. Chop enough mint to make 2 tbsp (25 mL). Remove pan from heat, add mint, and season with salt and pepper.
- Put kidney beans on a deep plate and mash firmly with potato masher, then stir in cooled mushroom mixture.
- Divide mixture into four and, with lightly floured hands, shape each serving into a burger.
- Heat remaining 2 tbsp (25 mL) oil in a large frying pan, add bean burgers, and cook over medium-high heat for 6–8 minutes, turning once, until well browned. Warm pita breads.
- Arrange burgers on a warm dish or individual plates and spoon onion relish over tops. Serve with warm pitas and a green salad.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 Jealousy will cause a man to lose the plot. A sudden reversal makes you pensive. Someone's sarcasm takes on new meaning.



TAURUS
APRIL 21-MAY 21
 Being reliable and motivated will do wonders for your health. Role playing will cause a problem. Wastefulness will get a lot of attention.



LIBRA
SEPT 23-OCT 23
 An older person will be forgotten. Your feelings are obvious to a tough guy. You can consolidate your gains by playing for keeps.



SCORPIO
OCT 24-NOV 22
 Don't struggle against fate — accept yours with a smile. Boastful words can be irritating at home. A dilemma may lead to a spat.



GEMINI
MAY 22-JUNE 21
 A truth-teller will enjoy a victory. A sweetheart finally learns to apologize. Harmful brainwashing can be eliminated with effort.



SAGITTARIUS
NOV 23-DEC 21
 A solitary guy finds happiness. An infamous friend becomes involved in an argument. Silly strife is less than thrilling.



CANCER
JUNE 22-JULY 22
 Simply ignore other people's temper tantrums. Good manners will lead you into a superb offer. A serious person's hopeless plan will be praised.



CAPRICORN
DEC 22-JAN 20
 Don't seethe over a grievance. An opponent will knock on your door. Don't fool around trying to change the facts of life.



LEO
JULY 23-AUG 23
 Avoid a friend who has been in your way. Your resistance to decadence will weaken. You can enjoy a crisis if you're not forced to deal with it.



AQUARIUS
JAN 21-FEB 18
 A man is deeply unhappy about his rights. An explanation is out there, but you must find it. Contact with a hardship case stirs up memories.



VIRGO
AUG 24-SEPT 22
 You'll become a strong and mighty influence. All will be well with a passionate guy. An awkward individual will reveal a mystery.



PISCES
FEB 19-MARCH 20
 A rift in a friendship results from a brazen smile. Peevish remarks will wound others. A heartache will dumbfound everyone.



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